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All about Hojo Undo - Supplementary training exercises for karate

"Hojo Undo", or "supplementary exercises", is a Japanese term that refers to training methods commonly used in traditional Okinawan karate. The exercises were designed to be very specific to karate training and helped develop breathing, posture, coordination, functional ambidextrous strength, and conditioning. The tools have traditionally been simple and improvised with some creativity and materials that are affordable or readily found for free - mostly wood, rope, straw, and stone.

The tools include, but are not limited to:
"Chi ishi" - weighted levers; aka "strength stones"

"Makiage kigu" - wrist rollers, normally a weight hung from a wooden handle via rope, and used to develop the wrists and forearms.

"Makiwara" - Padded striking post. Traditionally, rope is used to bind a pad of rice straw to the top to create a striking surface. (Maki = roll; Wara = straw.) Other materials such as duct tape are suitable, however. Other traditional types of makiwara include age-makiwara (hanging), ude-makiwara (round on all sides), tou-makiwara (bamboo stalks or cane). The smaller and more commonly seen makiwara boards are usually made of a pad that is covered with canvas and fixed to a board, then mounted to a wall. There are some variations, such as clapper and portable makiwara.

For a longer list of the tools, visit the Hojo Undo entry on Wikipedia - http://en.wikipedia.org/wiki/Hojo_undo

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Workout templates - includes a "Hojo Undo" template:
http://www.strengthtrainingpdf.com/2015/02/workout-templates-pdf.html

My karate manual, Understanding Karate, also has related articles. View it here - http://www.karatepdfbooks.com/2014/02/understanding-karate-pdf-book.html